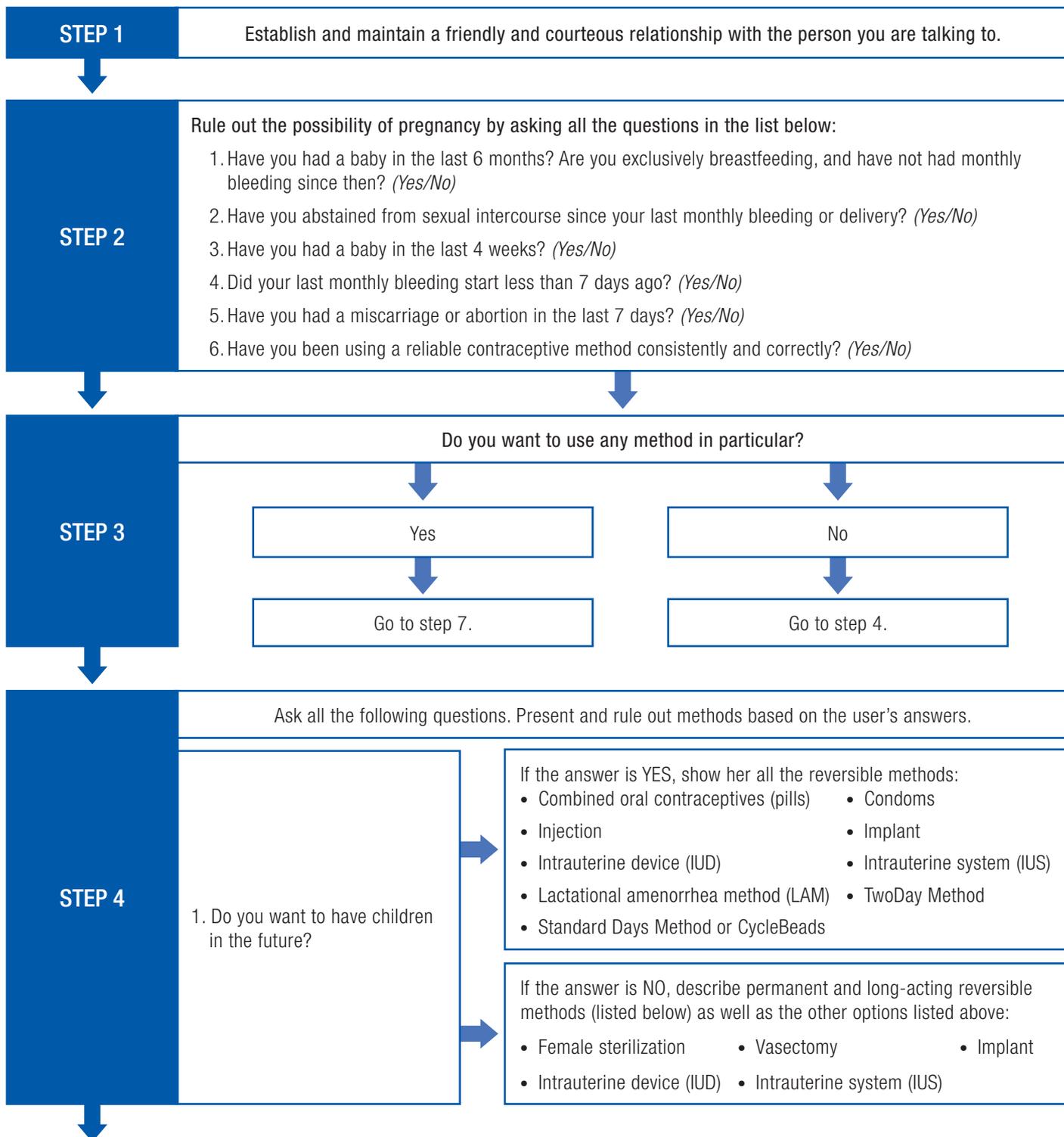
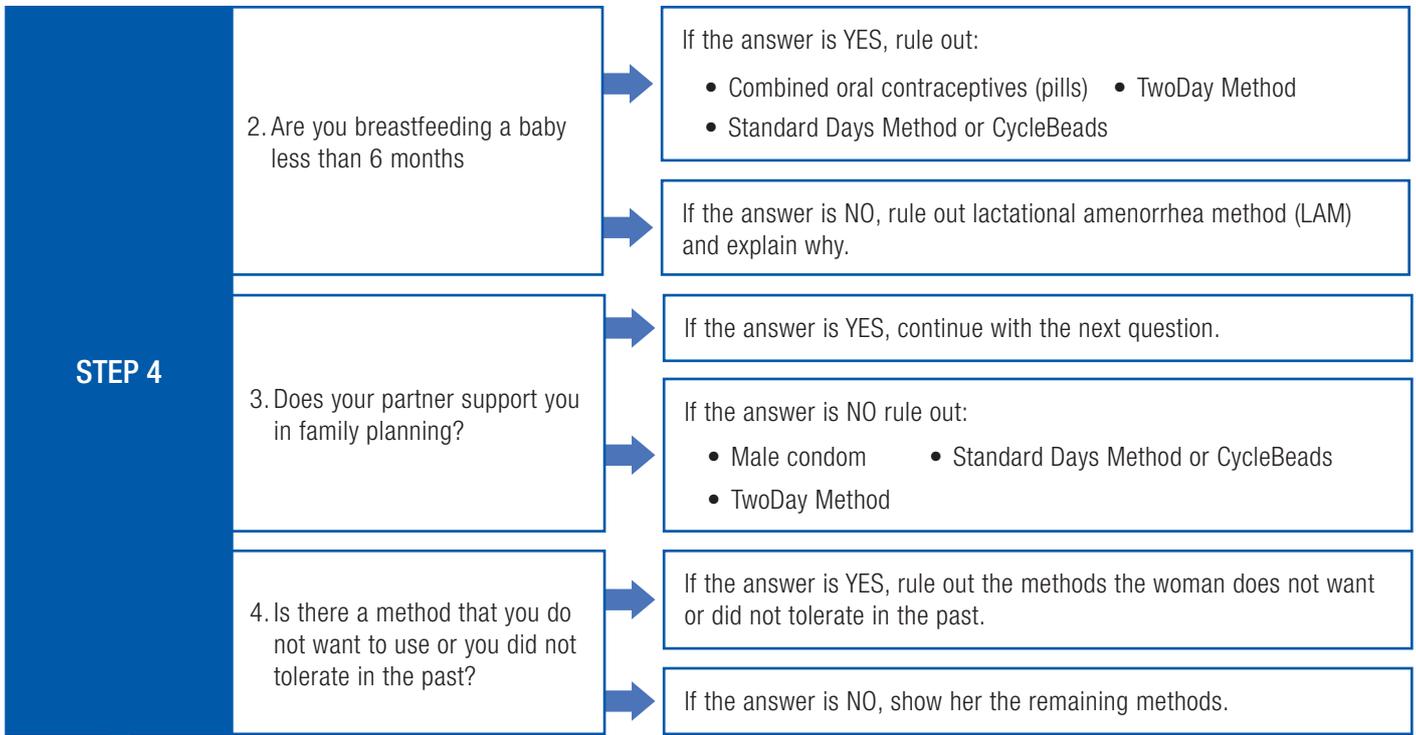


BALANCED COUNSELING IN FAMILY PLANNING

Algorithm: 13 steps to give balanced counseling in family planning (FP) in the context of the Zika epidemic





STEP 5

Inform her of the remaining methods using the image shown below, a flip chart, or other educational material. Remember to mention each method's level of protection or effectiveness:

- Some methods are more effective than others.
- The protection or effectiveness of each method is measured by the number of pregnancies that happen in one year for every 100 women using the method.

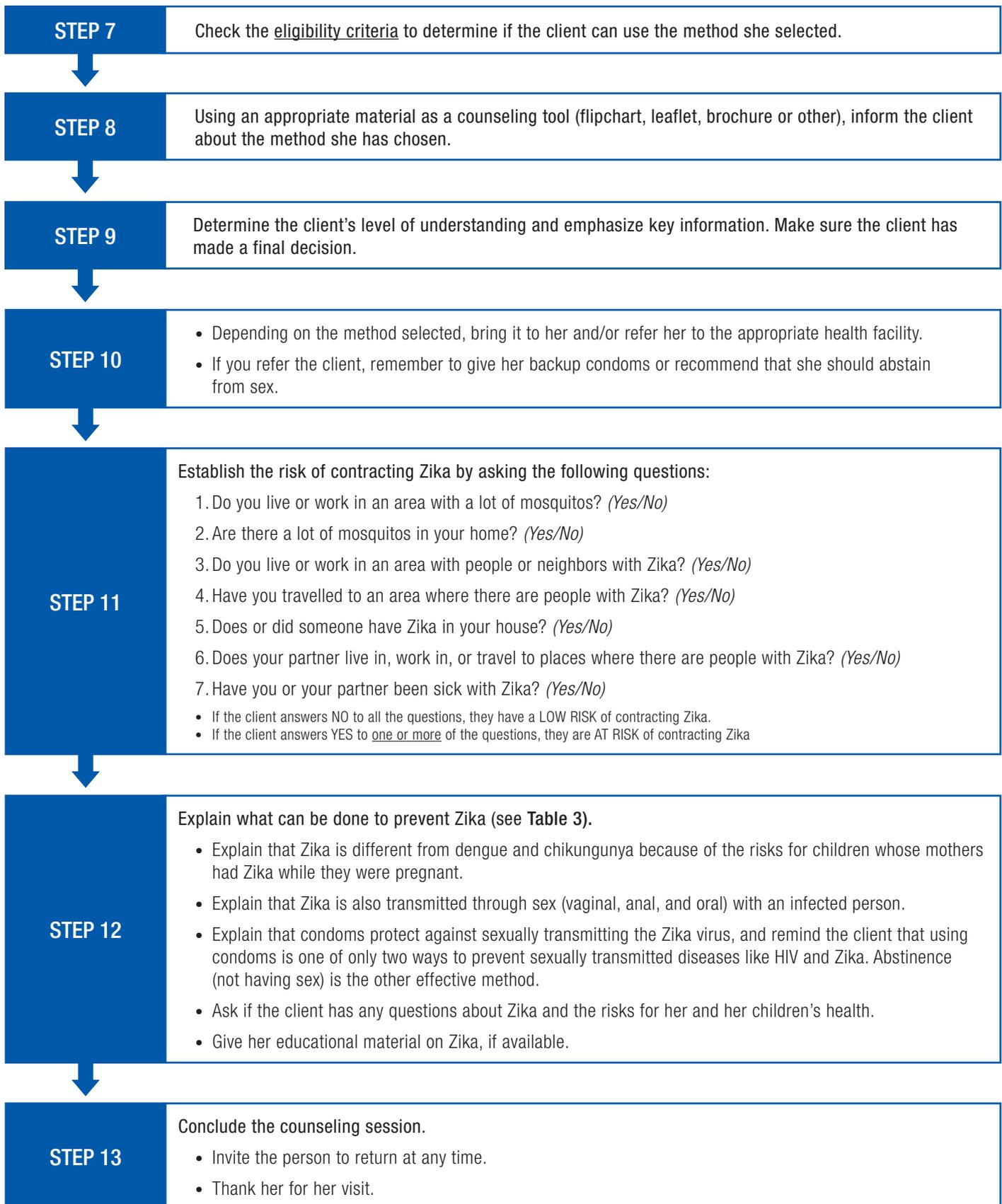
Comparing Effectiveness of Family Planning Methods

<p>More effective Less than 1 pregnancy per 100 women in 1 year</p>	<p>Implants IUD Female sterilization Vasectomy</p>	<p>How to make your method more effective</p> <p>Implants, IUD, female sterilization: After procedure, little or nothing to do or remember</p> <p>Vasectomy: Use another method for first 3 months</p> <p>Injectables: Get repeat injections on time</p> <p>Lactational amenorrhea method, LAM (for 6 months): Breastfeed often, day and night</p> <p>Pills: Take a pill each day</p> <p>Patch, ring: Keep in place, change on time</p> <p>Condoms, diaphragm: Use correctly every time you have sex</p> <p>Fertility awareness methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) may be easier to use.</p> <p>Withdrawal, spermicides: Use correctly every time you have sex</p>
<p>Less effective About 30 pregnancies per 100 women in 1 year</p>	<p>Injectables LAM Pills Patch Vaginal ring</p> <p>Male condoms Diaphragm Female condoms Fertility awareness methods</p> <p>Withdrawal Spermicides</p>	

STEP 6

Method selection

Among the remaining methods, ask the client to choose the one that is most convenient for her.



EMERGENCY CONTRACEPTION

Emergency contraceptives help prevent pregnancy when taken within the first 5 days following unprotected sex.

They do not cause an abortion, stop an ongoing pregnancy, or damage a developing embryo.

They are safe for any woman, including those who cannot use continuous hormonal contraception.

When a woman requests emergency contraception, it should be an opportunity to offer her a regular family planning method.

There are many options for emergency contraceptive pills, including products specifically designed for emergencies and progestogen-only and combined oral contraceptives.